

# RRC Asbestos Courses

## Asbestos Awareness 24<sup>th</sup> May 2010 – Half day

### Who Should Attend?

Anyone who is involved in the safety, management or maintenance of facilities where asbestos may be present. It is also a requirement to give awareness training to all employees whose work could expose them to asbestos (such as demolition, refurbishment, maintenance etc).

### Course Content

- What is Asbestos?
- A Brief History of Mining / Manufacture
- Health Hazards
- Legislation
- Asbestos in Buildings
- RPE/PPE
- Principles of Decontamination
- Multiple Choice Test

### Course Information

- **Duration** - Half Day
- **Course Fees** - £49 + VAT per delegate
- **Venue** - RRC Training Centre, Wimbledon, London  
Also available In-Company worldwide
- **Dates** – 24<sup>th</sup> May 2010 - am (9.00 -12.30)
- **General** - All delegates will be issued with a workbook and a Certificate of Attendance. Light Refreshments provided.

### Other Asbestos Courses

- Asbestos Awareness - 1 Day
- Duty to Manage Asbestos in Non-Domestic Premises - 1 Day



### Tutor

**Chris Webber**, DipSM DipEM AIEMA AM. Inst.CS PIOR  
FAcPC MIIRSM CMIOSH

A Chartered Safety and Health Practitioner with over thirty years experience within the Rail, Civil Engineering and Construction Industry. Chris has been a Group Health and Safety Director for a major asbestos removal contractor and also specialised in health physics, ventilation hygiene and disaster recovery. Chris was formerly a principal lecturer for the Asbestos Remediation Contractors Association delivering training at all levels within the asbestos industry.



# RRC Asbestos & Fire Safety Courses

## Fire Warden – 7<sup>th</sup> May 2010 - Half Day

### Who Should Attend?

Having appointed your fire wardens/marshals, you now need them to be trained, so that in the event of an emergency they know what to do. The Regulatory Reform (Fire Safety) Order 2005 requires staff to be provided with training and where persons are appointed to assist in the event of an evacuation, they must be provided with suitable training to be able to discharge those responsibilities.

Our courses are delivered at our Wimbledon training centre with a combination of classroom based theory and practical hands on use of portable fire extinguishers. Using state of the art, environmentally friendly fire training simulators, your fire wardens can experience firsthand the use of extinguishers in tackling a controlled fire.

**IMPORTANT:** Delegates should be aware that there is a practical element to our training courses and suitable clothes and footwear should be worn. Jeans and trainers/walking boots and sweat shirt/jumper is considered suitable attire. Open toed sandals, free flowing skirts or dresses are not suitable. Loose hair should be tied back during the practical part of the training.

### Course Content

- Background to fire safety legislation
- The Regulatory Reform (Fire Safety) Order 2005
- An introduction to Fire Risk Assessments
- Action to be taken on discovering a fire
- Action to be taken on hearing the fire alarm
- The means for giving warning of fire
- The means of escape in case of fire
- The means for fighting fire
- Fire prevention
- Fire protection
- Arson control
- General fire safety awareness



### Course Information

- **Duration** - Half Day
- **Course Fees** - £49 + VAT per delegate
- **Venue** - RRC Training Centre, Wimbledon, London  
Also available In-Company worldwide
- **Dates** – 7<sup>th</sup> May 2010 - am (9.00-12.30)
- **General** - All delegates will be issued with a Certificate of Attendance. Light Refreshments provided.

### Tutor

**Paul R King** MIFPO, MIIRSM, CMIOSH, SBCI, AIEMA

Paul King commenced his safety career with a fire engineering consultancy in London in the early 1990s. Paul has spent the last 17 years advising clients on how to meet their fire safety and general health & safety responsibilities. Working with many of the country's leading managing agents and facilities management companies, Paul has spent all of his career involved in some way or another with the built environment.

Paul is a member of the Institution of Fire Engineers register of fire risk assessors for life safety, has a number of strong links and connections with enforcers and policy makers and is a Chartered Safety Practitioner.

### Other Fire Courses

- NEBOSH Certificate in Fire Safety and Risk Management
- Fire Safety for Fire Marshals/Fire Wardens
- Fire Safety Awareness
- The Essentials of Fire Risk Assessment
- Basic Principles of Fire & Explosion (DSEAR)



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# RRC In-Company Training

RRC Training help you to create training solutions to suit your business's needs. We offer a broad spectrum of Health and Safety training, from NEBOSH, IOSH and CIEH accredited courses, to courses providing more generic health and safety skills.

Whether it's an off the shelf course adapted to meet your requirements, or a bespoke course designed to meet your specific needs, RRC can deliver it anywhere in the world in the way most effective for your business.

Our *Diploma Bite* courses even allow your staff to build up Diploma-level knowledge topic by topic so they can learn about what's relevant to their role or industry without embarking on a full Diploma programme.



## Professional Qualification Courses

- NEBOSH National General Certificate in Occupational Safety and Health
- NEBOSH National Certificate in Construction Safety and Health
- NEBOSH International General Certificate in Occupational Safety and Health
- NEBOSH Certificate in Fire Safety and Risk Management
- NEBOSH National Diploma in Occupational Health and Safety Practice

## Certificated Courses

- CIEH Principles of COSHH
- CIEH Principles of Manual Handling
- IOSH Working Safely
- IOSH Supervising Safely
- IOSH Managing Safely
- IOSH Managing Environmental Responsibilities
- IOSH Directing Safely
- RRC Key-to-Safety (Levels 1, 2 and 3)

## Short Courses

- Asbestos Awareness
- Duty to Manage Asbestos in Non-Domestic Premises
- Basics of Health & Safety Management
- Emergency Planning
- Worker Health & Safety Consultation (*Diploma Bite*)
- Developing a Positive Health & Safety Culture (*Diploma Bite*)
- Introduction to Human Factors in Industrial Safety (*Diploma Bite*)
- Principles of Health and Safety Law (*Diploma Bite*)
- Aspects of Civil & Criminal Law (*Diploma Bite*)
- Introduction to Measuring Health & Safety Performance (*Diploma Bite*)
- General Workplace Health, Safety & Welfare Issues (*Diploma Bite*)
- Managing External Contractors
- Business Contingency Planning (Basic Awareness)

## Short Courses

- Basic Workplace Risk Assessment (*Diploma Bite*)
- Safe Systems of Work & Permits to Work
- Introduction to Failure Tracing Methods (*Diploma Bite*)
- Incident & Accident Investigation (*Diploma Bite*)
- Fire Safety for Fire Marshals/Fire Wardens
- Fire Safety Awareness
- The Essentials of Fire Risk Assessment
- Basic Principles of Fire & Explosion (DSEAR) (*Diploma Bite*)
- Stress, Substance Misuse & Violence in the Workplace (*Diploma Bite*)
- Introduction to Management of Confined Spaces (*Diploma Bite*)
- Introduction to Safe Storage, Handling & Transport of Dangerous Substances (*Diploma Bite*)
- Work Equipment – Introduction to Selection, Use, Maintenance & Testing (*Diploma Bite*)
- Introduction to Machinery Safety (*Diploma Bite*)
- Introduction to Electrical Safety (*Diploma Bite*)
- Introduction to Mechanical Handling
- Construction Health & Safety Basics (*Diploma Bite*)
- Introduction to Environmental Pollution & Waste Management (*Diploma Bite*)
- The Construction (Design and Management) Regulations 2007
- Carriage of Dangerous Goods
- DSE Training for Assessors
- Manual Handling Operations
- General Introduction to Asbestos
- Managing Occupational Road Risk

These are just some of the short courses available. If you are interested in a course that is not listed here, please contact us and we will be happy to discuss your requirements.